

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 3: Arms

Notes: 90 seconds of rest between sets. Unless noted otherwise

Cardio: 20 Minutes AM / 20 Minutes PM			
Triceps			
EXERCISES	SETS / REPS	WEIGHT	NOTES
Superset	3 Sets		1a. + 1b. = 1 Set
1a. Reverse-Grip Cable Tricep Pushdown	12 Reps		
1b. Cable Overhead Tricep Extension	12 Reps		
Superset	3 Sets		2a. + 2b. = 1 Set
2a. Single-Arm Overhead Rope Extensions	10 Reps		
2b. Single-Arm Rope Kickbacks	10 Reps		45 second rest between supersets
Superset	3 Sets		3a. + 3b. = 1 Set
3a. Close-Grip Pushups	Failure		Start in regular Push-Up position, once reaching failure drop to knees to perform additional failure set.
3b. Elevated Bench Dips	Failure		
Biceps			
Superset	3 Sets		4a. + 4b. = 1 Set
4a. EZ-Bar Spider Curls	10 Reps		
4b. Standing EZ-Bar Curls (narrow grip)	10 Reps		60 second rest between supersets
Superset	3 Sets		5a. + 5b. = 1 Set
5a. Reverse-Grip Dumbbell Curls	10 Reps		
5b. Hammer Curls	10 Reps		60 second rest between supersets
Superset	3 Sets		6a. + 6b. = 1 Set
6a. Lying Cable Curls	10 Reps		
6b. Standing Alternating Cable Curls	10 to 12 Reps		
*On the second set of alternating cable curls only, change rhythm so you do 2 reps each arm, then 3 reps, then 4 reps and finally 5 reps to work the peak contraction more on this set.exercises. On the third superset, use a 2-second pause at the top of each rep for both exercises.			
Training, Nutrition, Supplementation Notes:			